THE PULSE

NEWS OF THE NEW ENGLAND DEACONESS HOSPITAL

VOLUME VI, NUMBER 3 APRIL, 1952

JOSEPH KING CHAMBERLIN

The sad news of Joseph Chamberlin's death on April 1 following an illness of three weeks at the New England Deaconess Hospital was received just as the PULSE was going to press.

GRADUATION DATE

May 20 has been selected as the date for the Nursing School Commencement Exercises. Baccalaureate will be on May 18.

BOWLING SCORES

Team	*Points*
Dr. Young	74
Mr. Lowry	63
Mr. Emery	51
Mr. Sabine	49
Mr. Marotta	46
Dr. Cook	46
Miss Nelson	31
Miss Fossati	30
Mr. Makrokanis	30

High Singles for Week of March 18

P. Cote	102
Dr. Cook	114

High Singles for Year

P. Cote and J. Holstead	116
D. Connolly	144

High Average for Year

W. Emery	97

High Three String Total

W. Emery	340

CONSTRUCTION NEWS

We welcome Spring with its promise of mild, fair weather which should permit our construction work to proceed at a more rapid pace.

Currently, the fourth floor is being placed and stone masons are setting the limestone on the Riverway side of the building. Within the building, sheet metal ventilating ducts, electric conduit, plumbing and heating, piping and related equipment are being installed.

Except for one or two items involving substitutions for critical metals, all materials and building equipment are available. During the past eight months, we have stored equipment in *fourteen* warehouses in greater Boston to insure delivery to the building when required. Why fourteen warehouses are necessary is apparent from the following list of some of the materials that will go into the new building:

Cinder concrete blocks, glazed facing tile, glass blocks, granite, limestone, bluestone, iron work, window screens, insulation, rolling steel doors, hardware, wood sash frames and doors, interior wood finish, weatherstripping, lead lining, fabric covered doors, metal partitions, blackboards, stainless steel kitchen equipment, stainless steel cabinets, counters, metal lockers, lathe and plaster, paint, marble and slate, asphalt, ceramic and quarry tile, acoustical ceilings, elevators, dumbwaiters, plumbing material, heating equipment, air conditioning, ventilating, refrigeration, electrical supplies, pneumatic tube system, linen chutes, automatic sprinklers, piping systems for oxygen and nitrous oxide.

L. PHILLIPS

TUESDAY NIGHT AT BOWLING Photos by J. Coyne

Standing (*left to right*): Dr. Warren F. Cook, Samuel Marotta, Jesse Rosa.

Seated first row (*left to right*): Robert D. Lowry, Elaine Lackman (Joslin Clinic), Patricia Sullivan, Betsy Cholakos, J. Albert Baker, Hector M. Ruiz, Elva Benting, Philip Pacella.

Seated second row (*left to right*): Gertrude Jameson, Virginia Ebert (Salem Hospital), Peggy Cote, Catherine Waters, Catherine Galvin, George Makrokanis, Dr. Koshy, Lucy Durst, Ronald Smith, Richard G. Connolly, Nancy Criss, Charles Schraub, Ellen Marston.

Seated third row (*left to right*): Donald Sabine, Warren Smith, Walter Emery, Frank Bettinelli, Royden A. Pearson, Virginia Buckley, Darinda MacArthur, Henry Flynn, Alvin Scott.

THE PULSE

APRIL, 1952

NEW ENGLAND DEACONESS HOSPITAL
Boston 15, Massachusetts

Supervised by the Personnel and
Public Relations Departments

CAPPING

The New England Deaconess Hospital's School of Nursing presented caps to thirty-eight student nurses from all parts of New England at its traditional candlelite ceremony on Friday evening, March 14 in the Elliott P. Joslin Auditorium of the hospital's new Cancer Research Institute.

Families and friends of the capped students of the Class of 1954 heard Dr. Warren F. Cook, Executive Director of the Deaconess, deliver the principal address. The Rev. Rudolph Samuelson gave the Invocation and Miss Olive Nelson, Director of Nursing, presented caps to the following:

Alyce Baxter
Grace Bliven
Jean M. Brown
Olive L. Brown
Barbara Colena
Nancy Crouch
Marilyn Daley
Betty Dunbar
Joyce L. Eaton
Nancy Ellis
Elizabeth Gamble
Edith Gudmand
Barbara Hincks
June Hixon
Gloria Hodson
Marilyn Hultberg
Anne Kiddy
Anne LaPointe
Jean Larson
Ina Lejins
Nancy Lewoczko
Priscilla MacDowell
Janice Maloof
Carol Maxham
Velta Mitrevics
Phyllis Nelson
Pauline Pike
Ellen Richards
Nancy Ridlon
Martha Roberts
Alice M. Schaal
Alice E. Smart
Kathleen Stevens
Evelyn Stratton
Janice Swanson
Julia Wadleigh
Patricia Warren
Beverly Wild

OVER 65?

All employees who are over 65 years old may claim two exemptions rather than one. This also applies to any dependent you may claim who is over 65 years old. You may change your Employee's Withholding Exemption Certificate at any time by applying in person to the Personnel Office.

Photos by J. Coyne

NURSING CLASS OF 1954 ARE CAPPED IN JOSLIN AUDITORIUM

MOTION PICTURE PREMIERE

On the evening of April 2 the Lahey Clinic's Department of Gastroenterology presented the premiere showing of its new teaching motion picture, entitled "Special Problems in the Management of Peptic Ulcer," in the Cancer Research Institute's Joslin Auditorium. This motion picture was filmed at the Deaconess — in the auditorium and in a private room in the Baker Building. Dr. Everett D. Kiefer of the Lahey Clinic wrote the script and acted as medical advisor. Lillian Marshall of the Nursing School staff is a member of the cast which includes professional actors and Lahey patients.

MEDICATION FOR EMPLOYEES

In the Health Clinic certain medicines will be free to all employees. These are the usual medicines used. Employees will not have to pay for:

Coricidin
Aspirin
Edrisol
Cough Medicine
Paregoric
Penicillin
Crysticillin

There will be a charge, at cost, for some unusual medicines.

WARREN F. COOK,
Executive Director

★ ★

SUPPORT THE RED CROSS

NEW LAUNDRY EQUIPMENT

The Executive Committee of the Hospital approved the purchase for the Laundry Department of a new unloading extractor at a cost of approximately $10,000. This machine operates like a spin dryer on a home model washer but on a considerably larger scale since it holds 250 pounds of laundry at one time. It also automatically lifts clothes from the washer, spins them, taking out 85% of the moisture, at which point the clothes are ready for ironing.

BEQUESTS

In the will of Mrs. Blanche Simpson Bayrd, who died on March second, a bequest of $25,000 was made to the New England Deaconess Hospital. Mrs. Bayrd was the owner and publisher of the *Malden Evening News* and the widow of Frank A. Bayrd.

BRONZE STAR MEDAL

Major Robert D. Story, with the Joslin Group, recently was awarded a Bronze Star Medal for service in Korea by Maj. Gen. Charles G. Helmick, Commanding General of the New England Subarea at the Army Base. Major Story commanded the second Medical Battalion Clearing Company of the Second Infantry Division. Dr. Story is Senior Fellow in Medicine at the George F. Baker Clinic, New England Deaconess Hospital.

WHAT IS DIABETES?

Because of the Deaconess Hospital's unusual concern with the care and treatment of the diabetic patient many new employees quite naturally ask the question — "Just what is diabetes?" To which the usual reply is "sugar in the urine." That, however, is only one of the features of this disease and occurs when the sugar in the blood is above normal levels. A secretion — insulin — manufactured by certain cells in the pancreas regulates this sugar level. When too little insulin is produced, the sugar in the blood rises. This is diabetes.

The food that we eat, whether it be sugar and starch or protein or fat, is broken down in the digestive process to glucose and other simple substances which the body can use. What is not needed for immediate energy is stored in the muscles and liver — or elsewhere in the body as fat for future use. The insulin from the pancreas both increases the burning of the sugar for energy and stores away what is not burned as rapidly as it is absorbed from the intestinal tract.

When no insulin is available, this sugar stays in the blood until it is excreted by the kidneys. A lot of fluid is required to carry off this very large amount of sugar. As a result, the untreated diabetic patient becomes thirsty, drinking excessive amounts of water.

The food he eats does not supply the energy needed so he becomes tired. Fat helps out somewhat in supplying energy, but without useable sugar, the fat forms acids which are poisonous to the body — a condition called acidosis. In severe cases of acidosis the patient becomes unconscious — the situation fast becomes critical. In these cases where carbohydrate and fat are not used normally the patient may also develop abnormal changes in the various important salts present in the body fluids. Fortunately, we have the means of preventing this serious chain of events from taking place provided the condition is detected *early*. When inadequate or no treatment is given and the condition continues unchecked for a long while, the blood vessels, the kidneys, the heart and the eyes are permanently injured.

The lack of insulin may be made up by administering a commercial preparation — insulin — made from beef pancreas.

Insulin alone will not cure the diabetes but it helps the patient to live a normal life. The amount of insulin must be balanced against a special diet, which contains less sugar and starch than most people eat, and is made up individually for each patient. By careful regulation of diet many with mild symptoms and older diabetics can get along without insulin or with only very small amounts. When sugar then appears in the urine it indicates that the patient must cut down more on sugar or else take more insulin. All children and young patients with diabetes require treatment with insulin because they need more food for growth.

When the diabetes is uncontrolled and sugar in the blood is high, the diabetic provides a fertile field for infectious bacteria to grow, so such patients acquire more readily than normal individuals infections which are more difficult to heal. For this reason special care must be taken that no scratches, cuts or bruises are received, and when they are, precautions must be taken to prevent infection.

Why some people develop diabetes and others do not is a question for which research is beginning to find the answer. We do know that people over forty have a greater tendency than those who are younger, and especially anyone who is much overweight — in this case the pancreas has been working overtime for a long while trying to keep up with the excessive food intake. The tendency to develop diabetes seems to be inherited.

The diabetic person who discovers his condition early is fortunate. If he follows his doctor's instructions regarding insulin and diet and care of himself he can avoid the complications of uncontrolled diabetes, and there is a good chance, because of good care, he will outlive many of his non-diabetic friends.

CONSTANCE SELLMAN

MEETINGS

The 29th Annual meeting of the New England Hospital Assembly was held at the Hotel Statler for three days the week of March 24th. Dr. Warren F. Cook, past president of the Assembly, led the session discussing "Hospitalization for Servicemen's Dependents." He also presided earlier in the day at a breakfast given by the American College of Hospital Administrators for its fellows, members and nominees; Dr. Cook is a fellow of the A.C.H.A. Others from the Deaconess who took part in panel discussions were Ellen Adams, Personnel Director, who spoke as a member of the Dietary Panel and Walter Emery, Executive Housekeeper, who represented us at the Housekeeping section.

* * *

Effie Mae Winger, Dietitian in Chief, spoke at recent Boston meetings of the American Hospital Association's Nursing Institute and the Massachusetts Dietetic Association

SOMETHING NEW HAS BEEN ADDED

A new bulletin board with weight reducing diet suggestions adapted to the current day's menus has been placed for your convenience at the start of the cafeteria line. Other health building food ideas will be posted here from time to time. Watch this board for an announcement of a new film entitled "Losing to Win" which will be shown to employees in the Joslin Auditorium in April.

Weight Control

It may be of interest to many of you that 60 people are now participating in the weight control program. Because of their interest and cooperation we are beginning to see some good results. If anyone else would like some "reducing" tips, come to the Health Center at any time.

CINCINNATI CANCER CONFERENCE

Nine Deaconess physicians and research specialists participated last month at the three-day national Cancer Conference in Cincinnati. Dr. Richard Overholt led the discussion section on lung cancer and Dr. Shields Warren that on radio-biology. Other staff members who took part in the program were: Doctors Ernest Daland, Grantley W. Taylor, Wyland Leadbetter, Langdon Parsons, Francis Ingersoll, William Meissner and Hugh F. Hare.

ALUMNAE NEWS

Mrs. Stewart Alexander, the former Bernice W. Wilbur of the Nursing Class of 1933, has been appointed chairman of New Jersey's Bergen County Eisenhower Drive. As a Lieutenant Colonel in World War II she was Chief of the Army Nurse Corps in North Africa and Southern Europe commanded for a period by General Eisenhower. Her husband is a professor at the College of Physicians and Surgeons at Columbia University.

DR. FRANK A. PEMBERTON

Dr. Pemberton of the Deaconess staff died on March 6th in Fort Lauderdale, Florida.

* * *

Dr. Pemberton was graduated from Harvard University in the Class of 1906. He finished a year earlier doing four years work in three after which he entered Harvard Medical School where he was graduated with honors in the Class of 1911. He was surgical intern at the Massachusetts General Hospital, served as intern and resident at the Free Hospital for Women where he later was appointed Surgeon-in-Chief, a position he held until his retirement a few years ago. Dr. Pemberton was clinical professor of gynecology at the Harvard Medical School and was a consultant in gynecology to many Boston hospitals. He was senior gynecologist at the Deaconess at the time of his death.

He was a very skillful surgeon — one with exceptional judgment. He was a great lover of sports and never missed the National Tennis Doubles Tournament at Longwood Cricket Club. He was a quiet, kindly gentleman, loved by all his friends, associates and patients. He leaves a wife, a son and daughter.

Dr. Pemberton will be sorely missed in this hospital and the memory of him will long be cherished by his friends and especially his patients and those in the profession.

— F. Gorham Brigham, M.D.

REMINDERS FROM THE HEALTH CENTER

Tetanus Inoculations

Tetanus, which is sometimes called lock-jaw, can be completely prevented by tetanus immunization. This inoculation will soon be available to all employees. Dr. Brownlee urges all personnel to take advantage of this protective measure. The date will be posted in the near future.

Reporting Illness

To keep *colds* and other ailments under control, employees are urged to report to the Health Center as soon as symptoms occur.

Remember that in order to see our Clinic Physician, Dr. Brownlee, you should report between 8:30 and 9:00 a.m.

Chest X-Rays

We urgently remind all personnel to cooperate with our Chest X-Ray Program which is designed for their protection. Many fail to keep appointments for their periodic check-ups. Remember that the appointment *you* did not keep might have been given to someone else.

BCG Vaccine

On April 22, 1952 between 4:00 and 5:00 p.m. representatives from the U. S. Public Health Service will be in the Health Center to do tuberculin tests on student nurses. Those students who show a negative reaction to this test will then be given the BCG vaccine. This vaccine has been used quite successfully in producing active immunity against tuberculosis.

We are offering this protection to any employee who might be interested.

A CREDIT UNION STORY

Early in 1951, Mr. X joined the Alpha Credit Union by purchasing one share at $5.00. He made regular deposits of varying amounts every pay-day, but when he wanted to take advantage of the low spring price on his next winter's coal supply, he did not have quite enough ready cash. So —

He borrowed $100.00 from his Credit Union, to be repaid at $10.00 each pay-day for five months. The charge for this accommodation was $2.50. When his loan was paid up, he continued to deposit $10.00 per pay-day as savings. At the end of a year he had nearly $200.00 to his credit, including dividends at 2%.

Moral: He has the money for his taxes *and* for his thrifty coal purchase in 1952 without having to borrow!

Join Your Credit Union Today
Save Your Money Regularly

If you have a provident reason, borrow from your Credit Union.

One five-dollar share makes you a member.

LIBRARY NOTES FROM PALMER 6

Thar She Blows is an engrossing account of whaling ships and whaling days, by Chester Scott Howland, who is, by the way, an uncle of our Miss Ellen D. Howland, Assistant Director of the School of Nursing.

Protestant Panorama has many fine photographs and is an outstanding book for Lenten reading.

Want to travel? Try *The Dark Moment,* by Ann Bridge, for a trip to Turkey, or *There Was A Man In Our Town,* by Granville Hicks, for a visit to a small New York state town.

Public affairs? *I Led Three Lives,* by H. A. Philbrick; and *Political Yearbook of* 1951.

Relaxation? *Jumping Jupiter,* by Ernestine Gilbreth Carey; *Calendar of Crime,* by Ellery Queen.

Want to feel young again? Try *All The Years Were Grand,* by Daisy W. Beck.

Employees are welcome to come to the Library at the noon hour or during their free time.

ENGAGEMENTS

Kathryn Louise Morris, '49 Jr., a member of the School of Nursing, to Ralph H. Lincoln of Milton. Mr. Lincoln was graduated from Wentworth Institute and is employed in the engineering department of the Boston Gear Works. A spring wedding is planned.

Roberta Edith Willis, '52 Jr. to Richard W. Thayer of Mansfield. Mr. Thayer has served in the Navy, was graduated from Franklin Technical Institute, and also studied at M. I. T.

WEDDINGS

Jacquelyn Louise Amidon, ex-'52 Jr., to Raymond Lawrence Munkittrick on February 23rd at the Grace Methodist Church in St. Johnsbury, Vermont. Mr. Munkittrick, a graduate of the St. Johnsbury Trade School, is employed by Mr. William Tilton of East Burke, Vermont, who distributes Standard Products. Mr. and Mrs. Munkittrick are living at 68 Summer Street, St. Johnsbury.

Mary Ann Graves, '52 Jr., to Sgt. Walter Bruffee, U. S. Army, on March 8th at the United Church in Conway. Mrs. Bruffee will finish her course in September.

Barbara Ann Hunter, '51 Sr., to Arthur Frederick Lawrence on February 22nd at the First Congregational Church in Waltham. Mr. Lawrence will graduate from the Northeastern School of Engineering this year. Mr. and Mrs. Lawrence are living at 35 Davis Avenue, Brookline.

Cynthia Phillips, ex-'54 Sr., to Charles M. Hinds, Jr. of Groton on February 22nd at the Congregational Church in Dunstable. Mr. Hinds was recently discharged from military duty after serving in Korea. Mr. and Mrs. Hinds will live in Brookline, New Hampshire.

HIGH SCHOOL SENIORS

If you or any of your friends are interested in full time jobs after graduation, applications are being accepted at the Personnel Office. A limited number of jobs will be available in the coming months.